



"Stop the bleed" is a nationwide campaign to empower individuals to act quick and save lives.

Call 911

Bystanders can take simple steps to keep the injured person alive until medical care is available. Here are the actions you can take to save a life:

Compress

Find where the bleeding is coming from and apply firm, steady pressure to bleeding site with your hands.



Hemostatic gauze

For wounds in a junctional area (groin, armpit or neck) pack with gauze and hold steady pressure for 3 minutes.

Tourniquet

If extremity wounds don't stop bleeding with pressure apply a tourniquet 3-4 inches above the wound. Avoid placing over joints. Wrap, Wind, Secure.



If your group would like to learn
"STOP THE BLEED"
please call

Norfolk Cares at
(757) 664-6510

Please allow 2 weeks for scheduling

The mission of Norfolk Fire-Rescue is to protect life, property, and the environment by providing public education, preventing and suppressing fires, mitigating hazards and caring for the sick and injured.

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**EVERYONE CAN
SAVE A LIFE**